

SERVING SIZES
 Grains – 2 ounces
 Vegetables – ½ cup
 Fruits – ½ cup
 Protein – 3 ounces
 Dairy – 1 cup

May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bread & Milk Served Daily	WW=Whole Wheat			1 Fresh Fruit salad Cheese omelet Baked beans Home fries Bacon Mixed Fruit
4 Navy bean soup Marry me chicken/w pasta Broccoli & cauliflower mix Garlic bread Watermelon	5 Vegetable barley soup Sloppy Joe Potato wedges Green beans Sliced pears	6 Wedding soup Oven roasted chicken Italian rice Roasted root vegetables Mixed fruit	7 Tomato soup Baked ham w/ raisin sauce Mixed vegetables Sweet potatoes Sliced peaches	8 Tuscan white bean soup Meatball sandwich 3 bean salad Pasta salad Sliced apples
11 Vegetable soup Tuscan chicken Sweet mashed potatoes Roasted zucchini w/ tomatoes Sliced peaches	12 Chicken escarole soup Stuffed shell w/meatball Italian vegetables Garlic bread Sliced pears	13 Carrot soup Roast beef w/ gravy Roasted potato Peas & onions Tropical fruit	14 Lentil vegetable soup Balsamic pork chop Roasted carrot w/ broccoli Barley w/ mushrooms Mixed Fruit	15 Minestrone soup French onion chicken Roasted potatoes Mixed vegetables Sliced peaches
18 Root vegetable soup Swedish meatballs Rice pilaf Mixed vegetables Fruit cocktail	19 Vegetable barley soup Baked pasta w/ meatballs & Sausage Roasted vegetables Sliced pears	20 Tomato soup Chicken parm Roasted potatoes Peas & carrots Sliced peaches	21 Chicken & rice soup Pork roast w/ gravy Mashed potatoes Buttered corn Watermelon	22 Lentil vegetable soup BBQ chicken sandwich 3 bean salad Rice pilaf Mixed fruit
25 Closed for Memorial Day	26 Tuscan vegetable soup Sausage & peppers w/ roll Greek cucumber salad Tropical fruit	27 Split pea soup Pork chops w/ mushroom sauce Roasted rosemary root Vegetables w/potatoes Mixed Fruit	28 Minestrone soup Pot roast w/ gravy Mashed potato Baby carrots w/ honey herb butter Sliced Pears	29 Chicken soup Baked chicken topped w/ Eggplant bolognese Cucumber salad w/chic peas Watermelon